While I am not interested in censoring all programs for adult viewers, as a father and Pediatrician I am terribly troubled by the programming that is available for viewing during the hours of 7am to 8pm. We carefully monitor our children and their viewing. It has become more and more difficult to find programming that is family friendly. Even the commercials are marred with violence and strong sexual contact. More than anything I wish that sports were still the "safe" viewing it was in the 70s when I was growing up. Now, between commercials for inappropriate violent video games, to beer commercials with strong sexual content I am unable to share even weekend daytime sports with my children.